

# Regional in Nature Activity Guide

January – February 2007



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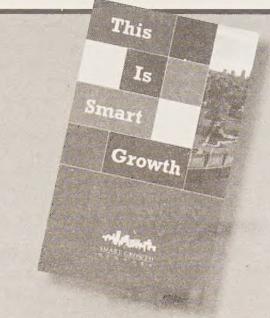
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Mission Peak Regional Preserve photo by Michael Kellogg



The East Bay Regional Park District was recently selected as one of only 40 communities or organizations across the country to be profiled in a publication titled *This Is Smart Growth*. This nationally acclaimed publication, funded by the

# Park District Honored

## for Preservation and Recreation Opportunities

U.S. Environmental Protection Agency (EPA), contains dozens of examples of how smart growth principles have been applied in big cities, suburbs, small towns, and rural areas. The East Bay Regional Park District was cited for its long-standing history of preservation and restoration of a region's natural and cultural heritage. With 65 parks, over 97,000 acres, and 1,100 miles of trails, the Park District is the nation's largest regional park agency.

A past economic analysis concluded that the East Bay Regional Park system of open space, parks, trails, and recreational facilities is an essential part of the urban

fabric of the East Bay and key to future efforts to "sustain the region" as it continues to mature and develop.

"I'm pleased that the publishers recognized the unique quality of life the Park District brings to the East Bay," says Park District General Manager Pat O'Brien. "In an urban area of this size, having scenic open space and close-to-home recreation opportunities is rare. This type of planned growth is possible only by long-range planning, community involvement, and support from voters."

Along with environmental preservation, the Park District offers a broad

spectrum of recreation activities ranging from hiking to boating, picnicking to equestrian uses, outdoor education to golfing. Over 2.8 million users enjoy the Regional Parks for a total of nearly 14 million visits per year.

*This Is Smart Growth* is available as a PDF download file through [www.smartgrowth.org](http://www.smartgrowth.org), or to receive a copy of the publication, call 1-800-490-9198 or e-mail [ncepimal@one.net](mailto:ncepimal@one.net) and ask for publication number 231-K-06-002.

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General Information / Free Brochure ....	510-562-PARK (7275)
Camping & Picnic Reservations ....	510-562-CAMP (2267)
Naturalist & Recreation Programs .....	510-636-1684
TDD .....	510-633-0460
Web site .....	<a href="http://www.ebparks.org">www.ebparks.org</a>

## EBRPD Board of Directors

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Visit [www.ebparks.org](http://www.ebparks.org) for map downloads, activity and event information, and much more!

## Historic Bay Restoration

Last October, East Bay Regional Park District board members Beverly Lane, Carol Severin, and Doug Siden commemorated one in a series of levee breaks as part of a historic wetland restoration project. The area known as Eden Landing Ecological Reserve in Hayward, south of the San Mateo Bridge, represents a collaboration between the State Department of Fish and Game, the Wildlife Conservation Board, and the East Bay Regional Park District, with community volunteer effort from Save the Bay, an environmental restoration group.

At the October event, an excavator cleared the way for 200 million gallons of Bay water to flood into a 300-acre former salt pond for the first time in 150 years. Allowing the tides to flood this pond will restore it to tidal marsh and

re-establish several miles of sloughs that will provide vital habitat for fish, wildlife, and endangered species like the California clapper rail and salt marsh harvest mouse. Restoring Bay wetlands contributes to the overall productivity of the Bay and its fishery and improves water quality.

By year-end 2007, the East Bay Regional Park District will add a parking area and 2 1/2 miles of Bay Trail along the perimeter of the marsh, making it possible to walk or bike 15 miles between San Leandro and Union City, admiring the Bay and tidal wetlands. The State Department of Fish and Game is the agency responsible for managing the 6,600 acres of former salt ponds at Eden Landing and moving forward on its restoration efforts to create a mix of tidal marsh and managed pond habitat.



## Outdoor Accessibility

A recently published book titled *A Wheelchair Rider's Guide: San Francisco Bay and the Nearby Coast* is available for free from the Coastal Conservancy, a state agency that works with others to protect and restore coastal resources and improve public access along the California coast and on San Francisco Bay. Over 100 Bay Area parks and trails are listed as accessible destinations for wheelchair riders and others with limited mobility. East Bay Regional Park District parks and trails mentioned include Coyote Hills Regional Park, Alameda Creek Regional Trail, Oyster Bay Regional Shoreline, Crown Memorial State Beach, Middle Harbor Shoreline Park, Point Isabel Regional Shoreline, and Point Pinole Regional Shoreline, along with several others.



To receive a copy, call the Coastal Conservancy at 510-286-1015 or request one by e-mail at [calcoast@scc.ca.gov](mailto:calcoast@scc.ca.gov). The East Bay Regional Park District's interpretive centers also have a supply of books.

## Weekend Excursion Ride a Train

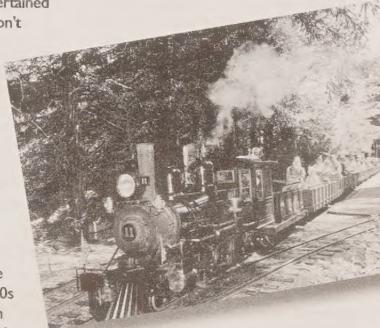
If you're looking for a quick weekend outing, consider taking a trip on an old-fashioned steam train at Tilden Regional Park in Berkeley.

The Tilden Steam Railroad is a classic, enjoyed by kids and adults. Owned and operated by the Redwood Valley Railway, the steam train has entertained park visitors since the 1957. Don't be surprised to find owner Ellen Thomsen, busy at work. Her late father, Erich — who at the time was a retired railroad consultant — created the family-owned railroad. He was responsible for designing the trains and tracks.

Today, affectionately called the Little Train, there are three narrow-gauge antique locomotives modeled after old-time steam trains from the late 1800s and early 1900s. The trip, which starts with an appropriate whistle of steam, takes passengers on a 1 1/2-mile ride through a redwood forest. The ride offers a trip back in time past a vintage water tower and small-scale structures. A short tunnel toward the end of the ride is always good for a holler or two.

During the winter, the railroad is open on weekends from 11 a.m. - 6 p.m.

(or dark) weather permitting. Trains leave every 20 minutes. The ride lasts approximately 12 minutes and costs \$2 per ride, or \$8 for a 5-ride card, and children under two years ride free. For information call 510-548-6100 or see [www.redwoodvalleyrailway.com](http://www.redwoodvalleyrailway.com).



Directions: exit Highway 24 at Fish Ranch Road on the east side of the Caldecott Tunnel. Drive about one mile up Fish Ranch Road and turn right on Grizzly Peak Boulevard. Proceed about two miles to Lomas Contadas. Turn right on Lomas Contadas and make an immediate left to the parking lot.

## Submerged Christmas Trees Create New Homes for Fish

Would you like to help create an artificial reef in one of the East Bay Regional Park District's most popular fishing spots? The District is looking for volunteers for its annual Christmas Tree Fish Habitat Project scheduled for 8 a.m., Saturday, January 6, 2007, at Del Valle in Livermore. Every January, hundreds of volunteers help the District's Fisheries Department place unsold Christmas trees into several area lakes. The purpose is to improve habitat for reservoir fish such as bass, bluegill, and other sunfish species. In the past, the Park District and volunteers have successfully turned Christmas trees into "fish homes" at Quarry Lakes in Fremont, Lake Chabot in Castro Valley, and Del Valle in Livermore—all man-made reservoirs devoid of adequate fish habitat. Volunteers typically spend the morning creating anchors, linking trees, and finally pulling the artificial reefs into position for sinking into the lakes. If you or a service group you are part of are interested, please contact Fisheries Manager Pete Alexander at 510-544-2342.



Photo: Kevin Fox

## Investing in Nature

### Wildlife Volunteers Rally for Restoration

By Dave "Doc Quack" Riensche

#### Trees link us to everything!

Trees purify our air, produce oxygen, increase soil fertility, regulate climate, aid in erosion control, and provide vital wildlife habitat. An economist calculated that a mature tree provides more than \$200,000 in ecological service during its entire lifetime. Even our neighborhood oak woodlands harbor a rich array of plant and animal life, including more than 170 species of birds, 100 mammals, 60 amphibians and reptiles, 4,000 species of insects, and 2,000 plant species.

No wonder the famous naturalist John Muir wrote, "Happy is the man to whom every tree is a friend."

More people than ever are rallying around restoration efforts to preserve and enhance wildlife habitat. While not a new practice, habitat restoration involving the help of the public and private sector has only recently gained acceptance within the resource management community. There is nothing easy, or glamorous, about digging holes and planting trees. Yet the East Bay Regional Park District Wildlife Volunteers have done just that! Since 2001, more than 1,120 people have unselfishly labored to plant trees. Their "sweat equity" has contributed more than 4,208 hours of volunteer service to the East Bay Regional Park District.

Thanks to the donations made to the Regional Parks Foundation from the Fremont Bank Foundation, Chevron, and New United Motor Manufacturing Incorporated, the "Forest of the Future" is becoming a reality. The dawning of 2007 is a great time to engage family and friends in wildlife volunteer opportunities. For more information visit [www.ebparks.org](http://www.ebparks.org).

Dave "Doc Quack" Riensche is the wildlife resource analyst for the East Bay Regional Park District and a biology/ecology instructor at Las Positas College.

## Health Matters

### East Bay

Regional Park District

AND

### KAISER PERMANENTE. thrive

ARE PROUD PARTNERS  
IN 2007 WITH THE MUTUAL GOAL  
OF PROMOTING HEALTH AND FITNESS.

### Talk Yourself into Better Health

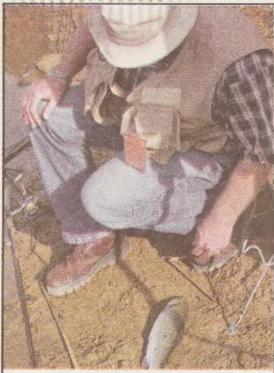
Do you know someone who is generally cheerful, always seeing the bright side? You may be envious of this positive attitude and wish you were born with the same sunny disposition. However, your friend wasn't necessarily born with a positive outlook, but cultivated it through deliberate optimistic thinking. You, too, can learn to be an optimist by practicing and applying healthy, optimistic thinking and positive self-talk.

Optimistic thinking has many (serious) benefits to your health, not the least of which is feeling good. It can help improve your self-esteem, decrease depression, speed recovery, enhance immune function, and possibly extend your life.

Negative self-talk greatly limits us. To break the cycle of automatic, negative thoughts, repeat positive statements called affirmations. Over time, these affirmations become just as powerful as the negative statements used to be. Practice your own optimistic thinking by being aware of negative thoughts. If you catch yourself saying, "I'm not very smart," or "I won't ever amount to much," stop and remind yourself of your positive affirmation(s). Make it a goal to think about positive events and experiences in your daily life as much as possible.

You may think that optimism and pessimism are traits you're stuck with, but they're not. To a large extent, optimism and pessimism are just learned habits. Changing the way that you think and talk to yourself can improve your physical and emotional well-being. Remember, your body speaks its mind.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2007 TRAILS CHALLENGE, TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT [WWW.KP.ORG](http://WWW.KP.ORG) (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).



Kevin Fox

**BASICS OF TROUT FISHING**

Various parks Mike Hawley  
8-10am, Sat, Jan 6 #13747  
Shadow Cliffs, Feb 10 #13748  
Quarry Lakes  
The Regional Parks have some of the best fishing around so come join this class where participants familiar with fishing are introduced to the basics of trout fishing. You will learn about ecology, casting techniques, knot tying, fishing styles, proper gear selection, and the different types of bait. This class includes hands-on fishing. Rods and reels provided. A valid California fishing license is required for participants 16+. Parent participation required for children 5-15. For ages 5+years. Reg. Required: (510) 636-1684 Fee: \$19/adults/\$15 children (non-res. \$21/\$17)



Photography Class Project

**BEGINNING PORTRAIT PHOTOGRAPHY**

Ardenwood Jack Ligon  
8am-4pm, Sat, Feb 17 #13750  
Join us for a fabulous photography class that will leave you seeing from a brand-new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises. ANY camera will do! (15+hrs.)  
Reg. Required: (510) 636-1684 Fee: \$65 (non-res. \$73)

**RECREATION**

For Recreation program information, call (510) 544-2553 or email recreation@ebparks.org. To register, please call (510) 636-1684. All classes dependent on registration minimums.

**INTRO TO FLY-FISHING—FISH FIRST!**

Lake Anza Fish First!  
10am-4pm, Sun, Jan 7 #13709, Feb 11 #13721

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. Class offered monthly. (18+hrs.)

Reg. Required: (510) 636-1684 Fee: \$60 (non-res. \$66)

**DISCOVER KAYAKING**

Lake Chabot Current Adventures  
11am-3:30pm, Sat, Feb 10 #13737

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available). You'll have lots of time to practice as we explore the bays and inlets of the lake. Parent participation is required for children 5-13 years old. (5+hrs.)

Reg. Required: (510) 636-1684 Fee: \$85 14+years/\$69 5-13yrs (non-res. \$95/\$77)

**ARDENWOOD**

Ardenwood is open Tues.-Sun. from 10am-4pm. House tours are available by reservation only (call 510-791-4196). Food service, blacksmithing demonstrations and horse-drawn train rides will return in April. Admission fees apply. For program and fee info: (510) 796-0663, awvisit@ebparks.org or www.ebparks.org.

**ANIMAL FEEDING**

Ardenwood Interpretive Staff  
3pm, Thu, Fri, Sat & Sun in Jan & Feb Help check the henhouse for eggs and bring hay to the livestock. You'll learn all

**ARDENWOOD FARM DOCTENS**

Ardenwood Christina Garcia  
Want to share your enthusiasm for history with others? We're looking for people who want to learn to cook on a wood stove, teach about farm animals, work with antique farm machinery, and demonstrate historic crafts such as spinning and rope making. No experience is necessary, just a willingness to dress in period costume and help create a friendly atmosphere for visiting schoolchildren and families. Training classes will begin in February. Call (510) 796-0199 or e-mail (CGarcia@ebparks.org) for details.

the animals' favorite foods as you help shut the farm down for the evening. Every Thursday through Sunday and New Year's Day.

**MONARCH BUTTERFLY WALKS**

Ardenwood Interpretive Staff  
1pm & 2pm, all Sat & Sun in Jan Sat, Feb 3, 10, Sun, Feb 4, 11 Tour Ardenwood's monarch overwintering site on an easy stroll of less than a mile. See clusters of butterflies hanging from eucalyptus branches and learn about the mysterious migration of these majestic insects.

**MEET THE MONARCHS**

Ardenwood Interpretive Staff  
11am-noon, Sat, Jan 6, 13, 27, Feb 3 & Sun, Jan 14, 21

Discover the life cycle of the monarch butterfly during a 30-minute slide show. Learn about the incredible journey these tiny animals make each year and the increasing threats to their survival. Afterwards, take a short hike to see overwintering monarchs in Ardenwood's eucalyptus forest.

**MONARCHS FOR KIDS**

Ardenwood Interpretive Staff  
11am-12:30pm, Sun, Jan 7, Sat, Jan 20, Sun, Jan 28, Sun, Feb 4

Young children will enjoy an interactive puppet show all about monarch eggs, caterpillars, chrysalises and butterflies. Then they'll take a short hike to see these amazing insects in action. (3-6 yrs.)

**TODDLER TIME**

Ardenwood Ira Bletz  
10:30-11am, Tue, Jan 16, 23, 30, Feb 6

Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores and fun. **Jan. 16—Chickens. Jan. 23—Sheep. Jan. 30—Goats. Feb. 6—Rabbits.** (1-4 yrs.)

**BARNYARD BUDDIES**

Ardenwood Interpretive Staff  
11am-noon, Sat, Feb 10, 24 Sun, Feb 11

Here's your chance to get up close to all your favorite barnyard pals. Feed the goats a snack, pet a bunny and tickle a chicken (if you dare).

**STORIES BY THE STOVE**

Ardenwood Sara Fetterly  
11am-noon, Sat, Feb 17

Cozy up to the old wood burning stove while we read some favorite farm stories and even meet a character or two!

**FARM CHORES**

Ardenwood Interpretive Staff  
1-2pm, Sat, Feb 17

There's lots of work to do on the farm. Help grind corn, gather eggs, and feed the farm critters as we do our daily farm chores.

**NEW YEAR'S DAY!****FARMYARD FRIENDS**

Ardenwood Carl Hills  
11:15am-12:15pm, Mon, Jan 1 The animals want to celebrate too! Come along and help mix up a special treat to feed to our goats, sheep and other friends.

**NEW YEAR'S BUTTERFLY WALK**

Ardenwood Carl Hills  
1-2pm, Mon, Jan 1 Take an easy stroll to see clusters of monarch butterflies hanging from eucalyptus branches and learn about the mysterious migration of these majestic insects.

**POPCORN POWER**

Ardenwood Carl Hills  
2:15-2:45pm, Mon, Jan 1 Start the new year off with a bang and a tasty, healthy organic snack. Learn about the history and uses of popcorn as we pop away!

**HISTORY WALK AND TALK**

Ardenwood Sara Fetterly  
1-2pm, Sat, Feb 17 Learn the secrets of Ardenwood as we walk the Patterson farm. Where's the tea house? How did Ardenwood get its name? All answers will be revealed on this easy hike.

**PICKIN' PERFECT PANCAKES**

Ardenwood Nicholas, Twomey  
11am-noon, Sun, Feb 18 Come join us for a batter of a time as we pick and choose what it takes to make our own perfect pancakes with ingredients straight from the farm.

**OLD FASHIONED SOAP**

Ardenwood Sara Fetterly  
1-3pm, Sun, Feb 18 Join us at the Country Kitchen as we mix up a batch of old-fashioned soap. Don't buy your next bar at the store. Take a recipe and make your own.

**OLD McDONALD'S FARM**

Ardenwood Interpretive Staff  
1-2pm, Sun, Feb 18 Old McDonald had a farm, E-I-E-I-O. And on his farm he had some chickens, goats, and sheep, E-I-E-I-O. Come learn about old McDonald's farm friends and feed them a treat.

**MEET THE BUNNIES**

Ardenwood Interpretive Staff  
1:30-2:30pm, Sat, Feb 24 Come meet the farm rabbits. Learn why they have big ears, what they eat, and how they communicate. See if you can find the softest part of a bunny.

**WHO'S GOT YOUR GOAT? ☺**  
 Ardenwood Interpretive Staff  
 11am-noon, Sun, Feb 25  
 Find out what it takes to keep your goat as you lend a hand with Angel, Gretchen and Inga. Help tend them and take them on a walk around the farm.

**OLD-TIME GAMES &**  
 Ardenwood Interpretive Staff  
 1-2pm, Sun, Feb 25  
 Dive into a toy chest from bygone days. Knuckle down with a game of marbles, steady your hand for pick up sticks and jump rope to long forgotten rhymes.

**BEE CREATIVE! &**  
 Ardenwood Carl Hilts  
 2-3pm, Sun, Feb 25  
 Bee's create honey and beeswax. We transform them into many other things. Bee creative with us and try your hand at making one of them.

**BLACK DIAMOND**  
 All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email [bdv@ebparks.org](mailto:bdv@ebparks.org).

**KNOBBERS ☺**  
 Black Diamond Sabrina Dussau  
 3:30-5:30pm, Thu, Jan 18 #13695, Feb. 15 #13696  
 Knobbers were children who worked in 19th-century coal mines. Today, Knobbers is an opportunity for modern-day kids to play and learn in the great outdoors. Adventures vary each month taking us over hills, underground and back in time. (8-12yrs.)  
 Reg. Required: (510) 636-1684  
 Fee: \$6 (non-res. \$8)



**BLUEBIRD BIOLOGISTS ☺**  
 Black Diamond Sabrina Dussau  
 3:30-5pm, Thu, Feb 22, Mar 22, 29, Apr 5, 12, 26, May 3, 10, 24, 31, Jun 7, and 28 #13735  
 Experience nature first hand by lending a helping hand to our local cavity nesting birds. We'll supply alternative homes and meet each week to record and enjoy the activity in these enhanced habitats. This is a chance for kids to volunteer, learn, play, and conduct scientific research. (8-18yrs.)  
 Reg. Required: (510) 636-1684

**WEBELOS HIKE: GEOLOGY ☺**  
 Black Diamond Bob Kanagaki  
 9-11am, Sat, Jan 20 #13710, Jan 27 #13711  
 2-4pm, Sat, Feb. 10 #13712  
 1-3pm, Sat, Feb. 17 #13713  
 Hey scouts! Earn your geology badge at the park where the rocks rule! We'll hike over the hills (sorry, no underground) and look at rocks that teach us about the past, keep us warm, and give a clear view of the world.  
 Reg. Required: (510) 636-1684

**WINTER BELLES: MANZANITAS &**  
 Black Diamond Bob Kanagaki  
 10am-noon, Sat, Feb 3  
 Always attractive, manzanitas reach the zenith of their beauty in winter when they bloom. We'll try to catch them at their best as we hike Chaparral Loop. Rain cancels.

**TAILGATE SNAKE TALK &**  
 Black Diamond Bob Kanagaki  
 2-4pm, Sat, Feb 3  
 Meet our well-traveled snakes as we give them (hopefully) some winter sun. Meet at the upper picnic area.

**GREEN ALIENS ☺**  
 Black Diamond Bob Kanagaki  
 9-11am, Sat, Feb 10 #13716  
 Throughout history, humans traveled around the globe carrying essential belongings with them. Some of those essentials may stay long after their owners have gone. We'll look at some of these traveling companions left behind at Somersville, a nineteenth-century mining town site. Rain cancels.  
 Reg. Required: (510) 636-1684

**FROM MOUNTAINS TO MOLEHILLS**  
 Black Diamond Bob Kanagaki  
 9-11am, Sat, Feb 17  
 Erosion—embodiment of the irresistible force that shapes our world. Witness its work and its effects today and 50 million years ago as we hike Chaparral Loop.

**CHAPARRAL WINTER**  
 Black Diamond Bob Kanagaki  
 10am-noon, Sat, Feb 24  
 After a long, hot summer and fall, the wet season is a time for rejuvenation in the parched hills of Black Diamond. How do plants survive this yearly ordeal?

**MEMORIES IN MARBLE**  
 Black Diamond Bob Kanagaki  
 2-4pm, Sat, Feb 24  
 Investigate the lives of nineteenth-century miners and their families in the Mount Diablo Coalfield. Meet at the Cemetery. Rain cancels.

**TIMELESS TALES ON BLACK DIAMOND TRAIL ☺**  
 Black Diamond Mike Moran  
 9:30am-1pm, Sun, Feb 25 #13720  
 Once the home of the largest town in the county, the Nortonville Valley beckons us with rich history, stunning scenery, and the perfect venue for a hearty four-mile hike.  
 Reg. Required: (510) 636-1684

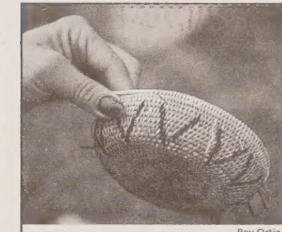
**BOTANIC GARDEN**  
 The Regional Parks Botanic Garden is devoted to the collection, growth, display, and preservation of the native plants of California. The Garden is located in Tilden Regional Park in the Berkeley Hills, Berkeley, California. Admission is free. Hours are 8:30 a.m. to 5 p.m. The Garden is closed Thanksgiving Day, Christmas Day, and New Year's Day.

**DOCENT-GUIDED GARDEN TOURS**  
 Tilden, Botanic Garden  
 2pm, Saturdays & Sundays  
 Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Botanic Garden in Tilden Regional Park. Wildcat Canyon Road and South Park Drive. Just show up. South Park Drive is closed November-March. For more information see [www.nativeplants.org](http://www.nativeplants.org); (510) 841-8732.

**LEWIS AND CLARK, THE CORPS OF DISCOVERY, A 200-YEAR RETROSPECTIVE**  
 Tilden, Botanic Garden Bob Case  
 9am-noon, Sat, Mar 3  
 Review and revel in the history, discovery and botany of Lewis and Clark's Voyage of Discovery. Recount some of the amazing geographical and botanical discoveries by the Corps. Note: South Park Drive closed through March.  
 Reg. Required: [www.nativeplants.org](http://www.nativeplants.org) or (510) 841-8732  
 Fee: \$8 members/\$12 nonmembers

**SPRING FLOWERING NATIVE SHRUBS FOR THE GARDEN**  
 Tilden, Botanic Garden Glenn Keator  
 10am-2pm, Sun, Mar 11, 18  
 This course will survey a host of different genera with emphasis on species that adapt well to gardens. A carefully chosen selection of these shrubs should provide color and drama from winter into early summer. Note: South Park Drive closed through March.  
 Reg. Required: [www.nativeplants.org](http://www.nativeplants.org) or (510) 841-8732  
 Fee: \$40 members/\$45 nonmembers

**PLANT PORTRAITS AND GARDEN IMAGES**  
 Tilden, Botanic Garden Bob Case  
 9:30am-4pm, Sat, Mar 24  
 This all-day course is designed for beginning shutterbugs to photographers with some experience with digital cameras equipped with macro setting, macro zoom, or macro lens capable of close-up imaging. Bring lunch. Note: South Park Drive closed through March.  
 Reg. Required: [www.nativeplants.org](http://www.nativeplants.org) or (510) 841-8732  
 Fee: \$40 members/\$45 nonmembers



Bev Ortiz

### INTRODUCTION TO OHLONE BASKETRY ☺ &

Coyote Hills Ortiz, Bachmann  
 10-11:30am, Sun, Jan 28  
 After a decades-long break, several Ohlone have renewed their ancestral basketry traditions. Join us to learn about the materials, techniques, and cultural context of Ohlone basketry past to present.

### COYOTE HILLS

The Coyote Hills Visitor Center is open Tuesday-Sunday, 9:30 a.m.-5 p.m. It will be open on New Year's Day, Monday, January 1. The Possum's Pocket Nature Store has books, American Indian items, nature games, T-shirts and other items for sale. For more information call (510) 795-9385 or email [chv@ebparks.org](mailto:chv@ebparks.org).

### YUCKY BIOLOGY ☺ &

Coyote Hills Kristina Parkison  
 10am-noon, Sat, Jan 6 #13485  
 Nature can be nasty or nice—today we're focusing on the nasty! We'll explore all things ooey, gooey, and most of all disgusting! Why do vultures have bald heads? What's in an owl pellet? Join us to find out all of the yucky answers! (6-12 yrs.), parental participation requested (parents do not pay fee).  
 Reg. Required: (510) 636-1684  
 Fee: \$3

### NATURE TALES ☺ &

Coyote Hills Kristina Parkison  
 2-3pm, Sat, Jan 6  
 Bring your little ones to the park for reading and exploring adventures. We'll hike to beautiful vistas and read our favorite nature stories. We'll enjoy the day, rain or shine!  
 Reg. Required: (510) 795-9385

### WEATHER DETECTORS ☺ &

Coyote Hills Savannah Trujillo  
 11am-noon, Sat, Jan 13  
 Have you ever been curious why a rainbow appears after a rainstorm or why clouds are in the sky? Come explore the wonders of this unique thing we call weather! (8+yrs.)

## MARSH MEANDERINGS ☀ &

Coyote Hills Kristina Parkison  
1-3pm, Sat, Jan 13

As marsh waters ebb and flow, different species call it home. We'll explore to see who's here now and to find out why marshes are so important to us humans, too!

## LET NATURE TAKE ITS COMPASS COURSE ☀ &

Coyote Hills Parkison, Dudgeon  
1-3pm, Sat, Jan 20 #13489

Do you get lost in the parking lot at the mall? Imagine navigating thousands of miles—without maps or GPS—the way animals do! We'll discover the methods animals use and then learn how to use our man-made tools—map and compass! (10+rys.)

Reg. Required: (510) 636-1684

## SENSATIONAL SUNSET PHOTOGRAPHY ☀ ☀

Coyote Hills Parkison, Jedlovec  
4:30-6:30pm, Sat, Jan 20 #13490

Join us for a hike up Red Hill to photograph the sunset and amazing views on one of the shortest days of the year! This landscape photography workshop will feature instruction by Coyote Hills volunteer staff photographer, Don Jedlovec. Please bring your camera and tripod. (12+rys.)

Reg. Required: (510) 636-1684

## BIRD GAWK ☀ &

Coyote Hills Kristina Parkison  
9-11am, Sat, Jan 27

Birds—you want them, we've got them! Join us for an early morning stroll around the marshes and salt ponds. We might even get lucky and see the pink flamingo...



**SCAT, TRACKS AND SIGNS ☀ &**  
 Coyote Hills Kristina Parkison  
1-3pm, Sat, Jan 27 #13492  
 Ever wonder whose tracks are on the hood of your car? Even in our urban environment we still encounter the wild bunch! Learn to identify the footprints of the animals found around the East Bay. We'll make a tracking stick, so bring a sharp knife. (10+rys.)  
 Reg. Required: (510) 636-1684  
 Fee: \$5 (non-res. \$7)

## COYOTE CUBS ☀

Coyote Hills Kristina Parkison  
10-11:30am, Tues, Jan 30 #13494  
2-3:30pm, Tues, Jan 30 #13495  
10-11:30am, Tues, Feb 27 #13496  
2-3:30pm, Tues, Feb 27 #13497

Offered in the afternoon as well as in the morning, this program is designed especially for pre-schoolers and their parents to explore the natural world in a personal, hands-on way. We'll focus on a different natural history subject each month through stories, games and crafts. Bring your little ones out for fun in the park as we discover the mysteries of the world around us! **Jan. 30:** Gooey Geology. **Feb. 27:** Yucky Biology. (3-Syrs.)  
 Fee: \$6 (non-res. \$8)  
 Reg. Required: (510) 636-1684

## BIKE 'N BIRD ☀ &

Coyote Hills Kristina Parkison  
9am-1:30pm, Sat, Feb 3 #13498

Biking is an excellent way to explore this lovely, flat 19-mile excursion. We'll begin at Coyote Hills and bike toward the end of the trail in Niles. Along the way, we'll bird and enjoy the scenery. On the way back, we may explore Quarry Lakes. (12+rys.)  
 Reg. Required: (510) 636-1684

## OHLCONE VILLAGE SITE WORKDAY ☀ &

Coyote Hills Beverly Ortiz  
10am-4pm, Sun, Feb 4 #13499

Help us honor 2,000 years of human history by gathering willow branches and repairing a ramada and family house at a Tuibun-Ohlcone village site. We'll also clean and weed the site, while introducing you to how the Ohlcone lived so well for so long in this area. (12+rys.)  
 Reg. Required: (510) 636-1684

## PORTRAITS OF NATURE ☀ &

Coyote Hills Parkison, Jedlovec  
9-11am, Sat, Feb 17 #13500

During a wintry nature walk, volunteer staff photographer Don Jedlovec will help you learn how your flash can turn those impossible lighting situations into just another great day with the sun at your back yielding natural looking nature photos! (12+rys.)  
 Reg. Required: (510) 636-1684

## OHLCONE VILLAGE SITE OPEN HOUSE ☀ &

Coyote Hills Ortiz, Bonillas  
10am-4pm, Sun, Feb 18

Walk to a more than 2,000-year-old Tuibun Ohlcone village site and find out how its residents balanced human needs with that of the land. You'll be introduced to several Ohlcone cultural skills.



## CATCH OF THE DAY ☀ &

Crab Cove Interpretive Staff  
2-3pm, Sundays, Jan & Feb

What critters make the bay their home? How does a snake slither or a turtle feed? Our topics change so visit often and find yourself exploring and getting close to the world of nature!

## CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-5 p.m. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email [cove@ebparks.org](mailto:cove@ebparks.org).

## SEA SQUIRTS ☀ &

Crab Cove Interpretive Staff  
10-11:30am, Tue, Jan. 9 #13667, 23 #13668, Feb 13 #13669, 27 #13670

Discover the wonders of nature with your little one. Outdoor exploration and a theme-related craft and snack provided. See our 'Sea Siblings' program if you prefer to have 1-2 year olds join their older siblings. **Jan. 9:** Animal Skulls and Skeletons: What's Inside? **Jan. 23:** Fish, Fish & More Fish. **Feb. 13:** Shadow Play: the dynamic motion of plants and animals. **Feb. 27:** Roots and Shoots: hair, fingernails, plants. (3-Syrs.)  
 Reg. Required: (510) 636-1684  
 Fee: \$6 (non-res. \$8)

## ESTUARY EXPLORERS ☀ &

Crab Cove Interpretive Staff  
3:30-5pm, Thu, Jan 11 #13671, 25 #13672, Feb 8 #13673, 22 #13674

Outdoor adventure, hands-on activities, and a theme-related craft and snack. Meet new friends, have fun! Designed for 6-8 year olds, without parents, to explore nature independently. **Jan. 11:** Animal Skulls and Skeletons: What's Inside? **Jan. 25:** Fish, Fish, and more Fish. **Feb. 8:** Shadow Play: the dynamic motion of plants and animals. **Feb. 22:** Roots and Shoots: hair, fingernails, and plants. (6-8rys.)  
 Reg. Required: (510) 636-1684  
 Fee: \$6 (non-res. \$8)

## BIKING THE BAY ☀

Crab Cove Michael Charnofsky  
2-4pm, Sat, Jan 13

Bay natural history and exercise—a great combination! Starting at Crab Cove, we will leisurely bicycle to Elsie Roemer Bird Sanctuary and back, viewing mudflats, marshes, rocky and sandy shores, and wildlife. Bring a bike lock and sturdy shoes. Rain cancels. (12+rys.)  
 Reg. Required: (510) 521-6887

## SEA SIBLINGS ☀ &

Crab Cove Interpretive Staff  
9:30-10:30am, Tue, Jan 16 #13676, Feb. 6 #13677, Feb 20 #13678  
11am-noon, Tue, Jan 16 #13754, Feb 6 #13755, Feb 20 #13756

Join us for exploration of the natural world and a theme related craft! Designed for the 3-5 year-old learner while providing the option of inviting a 1-5 year-old sibling or friend along. **Jan. 16:** Fish, Fish, All kinds of Fish! **Feb. 6:** Shadow Play: the dynamic motion of plants and animals. **Feb. 20:** Roots and Shoots: hair, fingernails, plants. (1-5yrs.)  
 Reg. Required: (510) 636-1684  
 Fee: \$4

## DOCENT TRAINING: MARINE ECOLOGY ☀ &

Crab Cove Interpretive Staff  
9:30am-1:30pm, Thu, Jan 25, Feb 1, 8 & 22 and Mar. 1 #13679

Crab Cove is excited to offer docent training! You will assist our naturalist staff in presenting educational programs to visiting school groups. Our main



Kevin Fox

## SCIENCE FOR TYKES ☀

Sunol Cat Taylor  
10-11:30am, Sat, Jan 20 #13588

3-4:30pm, Sat, Feb 3 #13589

1:30-3pm, Sat, Feb 10 #13590

Science is all around us! Building scientists ages 4-8 and their families are invited on a series of science programs set in a wildly exciting outdoor laboratory. **Jan. 20:** Salamander Saunter: Enter the wintry wet world of these amphibious beasts and learn about their double lives as we gently explore salamander habitat.

Dress for mud. **Feb. 3:** When it Rains it Pours: Search high, low and everywhere a mold might grow for the fungus amongus.

Observe wild mushrooms and cook up a (store-bought) fungal feast. No identification of wild edible species. **Feb. 10:** Vernal Pools: There are tidepools and swimming pools, but what's a vernal pool? With dipsnets we'll explore the critters that call this temporary habitat home. Wear long pants and sleeves, boots and/or water-shoes.

Reg. Required: (510) 636-1684  
 Fee: \$6 (non-res. \$8)

focus is the natural history of beautiful San Francisco Bay estuary. We ask participants to complete all six classes and volunteer once a month for six months within the next year, as a part of this class. (8+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$35 (non-res. \$39)

**CRAB CAPER**  
Crab Cove Naturalist Nancy  
12:30-2pm, Sun, Feb 11  
Come meet the Cove's most famous crustacean! Get a bit muddy as we search for evidence of ghost shrimp, bat rays, lugworms, crabs and other curious creatures.



**OUTDOOR DISCOVERIES** ☀️ 🏡  
Sunol Cat Taylor  
10:11:30am, Thu, Jan 25  
#13581, Feb 1 #13582,  
Feb 8 #13583, Feb 15 #13584,  
Feb 22 #13585

With a Sunol naturalist as your guide, children 3-5 years and a parent or adult friend are invited to discover what the winter rains have rung in.

**Jan. 25**-Frog Foray: Frogs and toads and tadpoles, oh my! We'll explore the slimy, jumpy, croaky world of these amazing amphibians today. **Feb. 1**-When it Rains it Spores: It's raining, it's pouring, the mushrooms are sprouting! Fun-guys and gals will explore the fungus amongus and cook up a fungal feast. **Feb. 8**-Salamander Season: What animals prefer a moisty winter's morning to the sunny skies of summer? Salamanders, of course! We will gently explore salamander habitat today, so dress for the weather and mud. **Feb. 15**-Vernal Pools: There are tidepools and swimming pools, but what's a vernal pool? With dipnets we'll explore the critters that call this temporary habitat home. **Feb. 22**-Dirt Made Our Lunch: Thank you dirt! Bring your lunch today. We'll munch our lunch and discover how our fine cuisine is all made from dirt!

Gulp!  
Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

## SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svsite@ebparks.org.

## CANYON VIEWS & CASCADES ☀️

Sunol Cat Taylor  
12:30-3:30pm, Sat, Jan 20

Winter's rains have transformed the wilderness into shades of emerald! We'll hike up into the hills before dropping into the famed Little Yosemite gorge. Three miles round-trip. No organized groups. (7+ yrs.)

## SLITHERY, SNAKELY SERPENTS ☀️

Sunol James Link  
1:30-2:30pm, Sun, Jan 21

Learn about snakes of Sunol. Our discussion will focus on where snakes live, what they eat and how they survive. We'll end with an opportunity to touch a living specimen.

## WILDERNESS TREKKERS ☀️

Sunol Cat Taylor  
3:30-6:30pm, Fri, Jan 26 #13586

3:30-5pm, Fri, Feb 16 #13587  
Kids are invited to see what's happening in the wilderness during a series of afternoon adventures. **Jan. 26**-Newt Trek: Come on a salamander safari as we hike up to the High Valley newt pond to spy on amorous amphibians. 3 miles round-trip. Steep hills and creek crossings. **Feb. 16**-Vernal Pools: There are tidepools and swimming pools, but what's a vernal pool? With dipnets we'll explore the critters that call this temporary habitat home. (grades k-6)

Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

## SALAMANDERS! ☀️

Sunol Cat Taylor  
8:30am-noon, Sat, Jan 27

Amphibians are wet weather enthusiasts! Take a wintry jaunt up to the newt pond seeking amorous amphibians. Moderately strenuous 3-miler with possibility of wet-footed creek crossings. No organized groups. (7+ yrs.)

## VALLEY NATURE RIDE ☀️

Sunol Interpretive Staff  
11-11:45am, Sun, Jan 28 #13571

10-10:45am, Sun, Feb 25 #13572  
Enjoy an introduction to the cultural and natural history of Sunol Regional Wilderness, then mount up for a 20 minute horseback ride. (6+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$17 (non-res. \$19)

## WOMEN ON COMMON GROUND ☀️

Sunol Katie Colbert  
5:30-8pm, Fri, Feb 2

Groundhog Moon: If the moon pops out of a cloud, is spring just around the corner? We'll look for our own moonshadow on this 2-mile hike to Little Yosemite. This is one in a series of programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. For a complete schedule, email svsite@ebparks.org, call (925) 862-2604 or

write Sunol Regional Wilderness, PO Box 82, Sunol, CA 94586. (adults.) Reg. Required: (925) 862-2601.

## TWIN PEAKS

Sunol Cat Taylor  
8:30am-1:30pm, Sat, Feb 3

Explore the 5-mile Maguire Peaks Loop Trail and enjoy panoramic views as we search for the elusive tule elk. Meet at the Old Green Barn for carpooling to the site. (7+ yrs.)

## MORNING ATOP FLAG HILL ☀️

Sunol Cat Taylor  
8:11-30am, Sat, Feb 10

Climb to glorious views from atop this famous landmark as we discover its unique cultural and natural history. Bring snack. No organized groups. 3 1/2 miles. Moderately strenuous. (7+ yrs.)

## WANDERING AROUND ☀️

Sunol Leah Tangney  
10:11:30am, Sat, Feb 10

Alameda Creek has much to offer in so many ways. Explore this creek community and natural connections using all of our senses. Be prepared to get muddy and have fun!

## SEE WHO'S HOME ☀️

Sunol Jeanne Bauer  
1:20-30pm, Sat, Feb 17 #13580

Lizards? Maybe a golden eagle? We'll take a short walk along Alameda Creek to see who's wintering in Sunol. Back at the visitor center, we'll make pine cone bird feeders to take home.  
Reg. Required: (510) 636-1684

## TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

## KIDS GARDEN CLUB ☀️

Tilden Nature Area Interpretive Staff  
2-4pm, Sat, Jan 6 #13594, 20 #13595, Feb 3 #13596, 17 #13597

In this exciting club for children, we plant, harvest, build, make crafts, cook and get dirty! Now open to ages 6-9! Themes and activities vary each session. Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)



Mark Taylor

## WINTER SPEAKER SERIES &

Join us for educational talks about various natural history topics relevant to your life!

## WAVES, WETLANDS AND WATERSHEDS

Tilden Nature Area  
Facendini, Kohut Frankel  
4-6pm, Wed, Feb 7

This interactive workshop designed for educators addresses watershed, coastal and marine issues. You will receive a free California Coastal Commission's science activity guide, participate in activities, and get an overview of other relevant educational resources.

Reg. Required: (415) 597-5888

## SEAFOOD WATCH ☀️

Tilden Nature Area  
Facendini, Bowman  
5-6pm, Thu, Feb 22 #13635

Come learn about the status of our world's oceans, and how you can make sustainable seafood choices through Monterey Bay Aquarium's innovative program. Reg. Required: (510) 636-1684

## QUAKES, QUACKS, AND CONQUISTADORS ☀️

Shorebird Nature Center, Berkeley  
Facendini, Donald  
10-11:30am, Tue, Feb 27 #13636

Discover the Bay's rich natural and cultural history through an engaging slide presentation and tour at Berkeley's Shorebird Park Nature Center. (adults.)  
Reg. Required: (510) 636-1684



### **HOOT WITH WINTER OWLS**

Tilden Nature Area

Tara Reinertson

11am-noon, Sun, Jan 7, Feb 25

Learn the night-time calls of owls that inhabit Tilden's forests and discover fact, fiction and fun fables about these mysterious nocturnal predators.

### **SLUG AND SALAMANDER SLEUTHS**

Tilden Nature Area Bethany Facendini 3-4:30pm, Sat, Jan 6

Come investigate the slippery lives of these creatures through story, song, nature walk and craft.

### **NEWT HUNT**

Tilden Nature Area Tara Reinertson 2-4pm, Sun, Jan 7, Feb 18

Every winter newts return to our freshwater ponds to breed. Come explore with us and catch a glimpse into the incredible mating behavior of these slimy salamanders.



### **MINI-FARMERS**

Tilden Nature Area

Interpretive Staff

10-11:30am, Sat, Jan 13 #13610, Feb 10 #13611

A farm exploration program for kids ages 4-6 years. We'll explore the Little Farm, care for animals, do crafts and try some farm chores. Wear boots; and dress to get dirty! (4-6yrs.)

Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

### **OPEN GARDEN**

Tilden Nature Area<sup>1</sup> Rebekah Brainich 2-4pm, Sun, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

Summer is over, but the garden at the Little Farm is still alive! Winter squash, cabbage, broccoli, berries and more all need your help. Join the gardener for composting, planting, watering and reaping the rewards of our work. Cancelled only by heavy rain, call ahead if in doubt.

### **NATURE THEATER SING-A-LONG**

Tilden Nature Area Tara Reinertson 11am-noon, Sun, Jan 14, 28

"Winter Time at Little Farm" is an indoor puppet show that's fun for the whole family! Hear a story about life on our farm and the jobs of a farmer.

### **TILDEN TOTS**

Tilden Nature Area Linda Yemoto 10-11:30am, Wed, Jan 17 #13614, Thu, Jan 18 #13617, Tue, Feb 6 #13615, Wed, Feb 7 #13616

Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome!). In January we'll learn about our feathered friends. In February we'll search for amphibians.

Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

### **TILDEN MINI-RANGERS:**

#### **THE RETURN**

Tilden Nature Area Meg Platt 3:30-5:30pm, Wed, Jan 17 #13618, Tue, Feb 13 #13619

Do you like hiking, conservation, and nature-based activities? This after-school program is for you! It is designed for kids 8-12 years old, unaccompanied by their parents. Dress to ramble and get dirty.

Reg. Required: (510) 636-1684

Fee: \$6 (non-res. \$8)

### **GONE TRACKING**

Tilden Nature Area Tara Reinertson 10:30am-noon, Sun, Jan 21

It's muddy and wet! Let's find some tracks and make a plaster cast of raccoon, fox, rabbit or deer that you can take home. All materials provided. Dress for adventure.

Fee: \$3

### **TILDEN EXPLORERS**

Tilden Nature Area Linda Yemoto 3:15-4:45pm, Tue, Jan 23 #13622, Wed, Jan 24 #13623, Tue, Feb 20 #13624, Wed, Feb 21 #13625

Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. In January we'll learn about bird migration. In February we'll search for amphibians.

Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

### **WORM COMPOSTING**

Tilden Nature Area<sup>1</sup> Interpretive Staff

10:30am-noon, Sat, Jan 27

Compost enriches garden soil while reducing kitchen waste. Find out what lives in compost as we let the worms do the work of recycling our kitchen, farm, and yard waste.

### **PLANKTON IN THE PARK?**

Tilden Nature Area Meg Platt 2-3pm, Sat, Feb 3

Plankton is more than marine, it's limnological, too! We will sample the micro-creatures of our lake and ponds, and examine them up close.

### **FARM STORIES AND SONGS**

Tilden Nature Area Tara Reinertson 10:30-11:30am, Sun, Feb 4, 18

All earth's creatures have a place in the choir! Come clap your hands and your paws! Hear some fun songs and stories, help grind some corn and feed the chickens.

### **TODDLER NATURE WALK**

Tilden Nature Area Linda Yemoto 10:30-11:30am, Sun, Feb 4

Calling all non-napping toddlers and their grown-up friends! Come along on a little nature adventure for 2-3 year olds. We'll search for our salamander friends.

### **BROOM PULL**

Tilden Nature Area Tara Reinertson 1:30-4pm, Sun, Feb 4, 25

Lend a hand pulling out exotic broom plants so our native grasses and shrubs have a fighting chance. Bring gloves; we'll provide hand tools and refreshments. (10+yrs.)

### **MUD, NEWTS, SLUGS**

Tilden Nature Area Meg Platt 2-3:30pm, Sat, Feb 10

Join the 'mud club,' hold a slug, and move like a newt on this easy hike around the Nature Area to see what slimers we can find!

### **SUSHI BASICS**

Tilden Nature Area Linda Yemoto 11:30am-2:30pm, Sun, Feb 11 #13638

Learn the natural and cultural history of this ancient cuisine as you prepare and taste seven basic types of sushi. Learn how to roll, stuff and form sushi all in a fun, delicious atmosphere. Parent participation required for children 8-10 years. (8+yrs.)

Reg. Required: (510) 636-1684

Fee: \$35 adult (13-61 years)

\$30 senior 62+ years

\$25 child (8-12 years)

(non-res. \$39/\$34/\$29)

### **TREADS N' TRACKS**

Tilden Nature Area Meg Platt 2-3:30pm, Sat, Feb 17

Animals we don't see leave behind clues of where they have been, and where they are going. We'll search for tracks, then make some of our own to take home.



### **DOCENT TRAINING**

Tilden Nature Area

Linda Yemoto

9:30am-12:30pm, Thu, Feb 22, Mar 1, 8, 15, 22, 29

Become a docent and assist our naturalists in providing interpretive programs at the Little Farm and Nature Area gardens. For an application, or for more information, visit [www.ebparks.org](http://www.ebparks.org), or contact Docent Coordinator Linda Yemoto at [lyemoto@ebparks.org](mailto:lyemoto@ebparks.org) or (510) 525-2233. Fee: \$35 (non-res. \$39)



Newts and egg cases in a pond. Photo by Kevin Tol.

### **PUDDLES AND PONDS IN WINTER**

Tilden Nature Area

Linda Yemoto

2-3:30pm, Sun, Feb 4

We'll make walnut boats to float in the puddles, then ramble down to the nature ponds. We'll use our dip nets to see what's wriggling and squiggling there.

### **RECYCLED ART**

Tilden Nature Area Interpretive Staff

2-4pm, Sat, Feb 24

Reuse some of your regular throwaways to make birdhouses, collages, masks, and more during this 'open art' opportunity. Creativity a must; all ages welcome.

## VARIOUS PARKS

### THURSDAY BIRDING ☺ &

Martinez Shoreline Mike Moran  
9:11am, Thu, Jan 4 #13734  
Our short winter days are long on birds.  
These rich wetlands provide a feathered  
nest of residents and controlled mayhem  
of migrants.  
Reg. Required: (510) 636-1684

### TALL TREES AND OTHER NATURAL WONDERS ☺

Roberts Michael Charnofsky  
10am-1:30pm, Sat, Jan 6  
Experience Oakland's tallest peak in a  
park named after the world's tallest

tree. Discover the beauty of Redwood Regional Park and discuss California's natural wonders, keeping warm on a moderate hike. For information, call (510) 521-6887 (12+hrs)

### BIG BOG OF BEAVERS AND BIRDS ☺ &

Big Break Mike Moran  
10:11:30am, Sun, Jan 7 #13739  
Believe it! Bring out the family for a casual two-mile exploration of delightful Delta wetlands along a flat, paved trail.  
Reg. Required: (510) 636-1684

## WEDNESDAY WALKS

### Various Parks

Christina Garcia, Sara Fetterly  
9:30-11:30am, Wed, Jan 3, 17, 24, 31, Feb 7, 21, 28

Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather—we walk rain or shine. Hikes begin at 9:30am. For more information, please call (510) 796-0199 or e-mail cgarcia@ebparks.org. **Jan. 3**—Alameda Creek Trail: Trace the history of this urban flood control channel on an extra long 7.5-mile walk along both sides of the creek channel. Due to the extra mileage, we may grit back a bit later than usual. We'll meet at the Beard Staging Area in Fremont. Directions: From I-880, take Fremont/Alvarado Blvd exit and go east on Fremont Blvd. Turn left on Paseo Padre Parkway. Turn left on Whitehead Road, follow it to the end, then turn right on Beard. The parking lot is at the end of the road. **Jan. 17**—Coyote Hills: Circle the hills on the paved, 3.5 mile Bayview Trail. Bring binoculars to appreciate the variety of birds that utilize the surrounding freshwater marshes, salt ponds, and tidal wetlands. Those desiring a more challenging workout may elect to follow the steep, paved trail up South Red Hill for an additional mile. Meet at the Visitor Center parking lot. Parking fee may apply. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go right on Ardenwood, left on Paseo Padre Parkway, and right at Patterson Ranch Road. **Jan 24**—Sibley Volcanic Preserve: Join Naturalist Sara Fetterly for a ramble in the hills of her favorite winter park. See quarries and cows, vistas and valleys, labyrinths and lava rocks on this scenic and moderate 3.0 mile hike. Directions: From Interstate 880, take Highway 24 towards the Caldecott Tunnel. Exit at Claremont. Continue past Ashby, then veer right to stay on Claremont Ave. Follow the brown signs for Tilden and Sibley. At the top, turn right onto Grizzly Peak Boulevard. At the T-intersection, turn

left onto Skyline, and immediately turn left into the park. **Jan. 31**—Iron Horse Trail: We'll walk 7.5 flat and paved miles along part of this popular regional trail. The route follows the old Southern Pacific Railroad right-of-way that once connected the farms of the San Ramon Valley to ports in Suisun Bay. Meet at the Southern Pacific railcar behind the Museum of the San Ramon Valley in Danville. Directions: From I-680 in Danville, take Sycamore Valley Road west to San Ramon Valley Blvd and turn right. Make a left on Railroad Ave., and continue to the Museum at the corner of Railroad and Prospect. **Feb. 7**—Ardenwood: Visit the special place where hundreds of monarch butterflies congregate for the winter at this historical preserve. Hear the story of the 49er who found gold in the fertile fields of the East Bay as you explore the remnants of his once vast estate on a leisurely 2.5 mile walk. Meet in the main parking lot. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go north on Ardenwood to the park entrance on the right. **Feb. 21**—Lake Chabot marina: Enjoy a brisk walk along the shore of this scenic reservoir tucked in the East Bay hills. We'll follow the paved trail out to the Dam and beyond for a total of about 4 miles. There will be a few gentle hills. Meet on the deck by the Marina Cafe. Parking fee charged. Directions: From I-580 in San Leandro, take Fairmont drive east into the hills. Fairmont becomes Lake Chabot Road. Continue to the Lake Chabot Marina entrance on the left side of the road. **Feb. 28**—Sunol: Walk along a gravelled road beside wild and lovely Alameda Creek. We'll pass Little Yosemite and continue on to the park boundary for a 4-mile round trip with some uphill climbing. Parking fee may apply. Directions: From I-680 in Sunol, head south on Calaveras Road for about 4 miles. Turn left at Geary Road and follow it into the park. Continue to the parking area at the end of the road.

## NEW YEAR'S NOON WALK SERIES ☺

Various parks Gail Broesder  
10am-noon, Sun, Jan. 7, 14, 21  
It's not too late to celebrate your New Year's resolution to get out and get some fresh air while enjoying nature. Every Sunday we'll explore a different park and trail. Walks go rain or shine, but mud may shorten. Always bring water. **Jan. 7**—Lake Temescal, North Entrance (flat) **Jan. 14**—Sibley (up & down). **Jan. 21**—Redwood, Skyline Gate (up & down). For information, call (510) 521-6887.

### TUESDAYS FOR THE BIRDS

Various parks Bethany Facendini  
7:30-9:30am, Tue, Jan 9, 16, 23, 30; Feb 6, 13, 20, 27

Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Please call (510) 525-2233 to get specific meeting locations or to borrow binoculars. Bring water, sunscreen, binoculars or scopes, and a snack. **Jan. 9**—Martin Luther King Jr. Shoreline, Arrowhead Marsh (wheelchair accessible). **Jan. 16**—Claremont Canyon. **Jan. 23**—Albany Bulb. **Jan. 30**—Kennedy Grove. **Feb. 6**—Pinole Shores (wheelchair accessible). **Feb. 13**—Tilden, Vollmer Peak. **Feb. 20**—Point Isabel, Rydin Road (wheelchair accessible). **Feb. 27**—Eastsøre State Park, Berkeley Meadow.

### EARTHQUAKES, WATER, AND WILDLIFE!

Temescal Michael Charnofsky  
10:11:30am, Sat, Jan 13  
Lake Temescal is a wildlife hotspot, with fascinating geologic and human influences. All ages are welcome on



Derek Lewis

### CANINE CAPERS ☺ &

Garin, Mission Peak Kristina Parkison  
8-10am, Sat, Jan 13, Garin #13503  
9am-1pm, Sat, Feb 24, Mission Peak #13504  
Bring your best friend for a frolicking romp to get the day started! We'll hike cool canyons and enjoy spectacular vistas while discovering the land's natural history. Bring a snack or lunch for yourself; snacks will be provided for your furry friend! (10+hrs.)  
Reg. Required: (510) 636-1684

This leisurely natural history walk and exploration around the lake. Meet at the north entrance parking lot off Broadway in Oakland. Info: call (510) 521-6887.

### NATURE ON AN URBAN FRINGE

Berkeley Meadow Bethany Facendini  
2-4:30pm, Sat, Jan 13  
Discover the abundance of life protected in this unique shoreline park. Rain or shine, we will explore the resident and winter inhabitants on a 2.5 mile hike. For information, call (510) 525-2233.

### WINTER WILDLIFE HIKE

Point Pinole Tara Reinertson  
2-4pm, Sun, Jan 14, 28  
Explore wind-swept bluffs, pebble beaches and salt marshes at pristine Pt. Pinole. We'll search for winter birds on the bay, monarch butterflies in the forests and newts in the pond.

### A DAY ON-NOT A DAY OFF ☺ &

MLK Jr. Shoreline Gail Broesder  
9am-noon, Mon, Jan 15  
Celebrate the holiday with a "Day On" rather than a day off and help clean up the area. We'll meet at Garretson Point to remove invasive, non-native plants, mulch and clean up, while learning more about what makes this place so special. For information, call (510) 521-6887.

### STEPPIN' OUT NATURE HIKE ☺

Redwood Naturalist Nancy  
9am-1pm, Sat, Jan 20 #13687  
Oak-woodland ridges and coast redwood forest canyons are ours to explore on this vigorous 5.5-mile round-trip hike. Dogs welcome. Meet at the Canyon Meadow staging area off Redwood Road in Oakland. (10+hrs.)  
Reg. Required: (510) 636-1684

### FAMILY BIRDWALK

Miller Knox Bethany Facendini  
3-4:30pm, Sat, Jan 20  
What's that bird? Did you hear that song? Learn birding basics during a two-mile walk along the shoreline. Fun-filled family activities are included. For information, call (510) 525-2233.

### DELIGHTS ABOUT DIABLO ☺

Diablo Foothills Mike Moran  
9am-noon, Sun, Jan 21 #13740  
Explore the prosaic method to the poetic madness of one of the most dramatic landscapes of our region. We'll stroll three easy-to-moderate miles amidst marvelous oaks, Pine Creek (be prepared for wet crossings!) and under the awe-inspiring cliffs of Castle Rock.  
Reg. Required: (510) 636-1684

### WINTER IN THE GREAT DALE ☺

Round Valley Mike Moran  
9am-1pm, Sun, Jan 28 #13742  
Seize the season with a hilly and hearty four-mile foray up a beautiful draw, through a wonderland of oaks, to vast vistas. We'll explore stunning changes winter brings to this wondrous park and beyond. (8+hrs.)  
Reg. Required: (510) 636-1684

**TWINED****WILLOW BASKETRY** ☀ &

Quarry Lakes      Beverly Ortiz  
12:30-4pm, Sun, Jan 28 #13505  
We'll gather gray willow, pruned last winter to cause the growth of long, straight, flexible shoots. You'll learn to use those shoots to weave an open-work basket while you enjoy the tranquility of wintertime Quarry Lakes. (16+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$15 adult/\$13 senior  
(non-res. \$17/\$15)

**RETURN OF THE****OVER-THE-HILLS-GANG** ☀

Various Parks      Dave Zuckermann  
10am-noon, Tue, Jan 30, Feb 27  
Hikers 55 years and older interested in nature-study, history, fitness, and fun are invited on a series of monthly excursions exploring our Regional Parks. **January:** Sobrante Ridge. **February:** Wildcat Canyon/Alvarado. For information, call (510) 525-2233. (55+ yrs.)

**AFTER SCHOOL****AMPHIBIAN ADVENTURE** ☀

Briones      Sabrina Dussau  
3:30-5:30pm, Fri, Feb 2 #13743  
Look for croaking frogs and swimming salamanders as they revel in the glory of a California winter. We'll hike up to the lagoons while discovering the importance of the wet season.  
Reg. Required: (510) 636-1684

**NEHTS, VOLCANOS & WETLANDS-OH MY**

Sibley      Gail Broesder  
10am-1:30pm, Sat, Feb 3  
What do a volcano & newt have in common? A wetland of course! Find out more and uncover some other mysteries of Sibley Volcanic Preserve, on this walk. For information, call (510) 521-6887.

**PRE-GAME****IN THE BLACK HILLS** ☀

Morgan Territory      Mike Moran  
9am-1pm, Sun, Feb 4 #13744  
Who will make the Superbowl? Falcons? Eagles? Ravens? Panthers? Bears? Seahawks? Well, they have all made it to this most beautiful of parks. Let's explore wildlife, past and present, on a rolling four-mile jaunt and still get home in time for kick-off.  
Reg. Required: (510) 636-1684

**TRIUMPH & TRAGEDY:****CREATING LAKE CHABOT** ☀

Chabot City Park, San Leandro      Naturalist Nancy  
2:30-4:30pm, Sun, Feb 4 #13689  
Historic photographs, riveting stories, and existing artifacts reveal the feat of men and horses working to construct an earthen dam in the 1800s that still functions today. (8+ yrs.)  
Reg. Required: (510) 636-1684

**RAINDROPS KEEP FALLING ON MY HEAD... ☀**

Lake Chabot      Gail Broesder  
9am-1pm, Sat, Feb 10 #13690  
We'll walk to the dam and then explore the history of our local watershed. For information, call (510) 521-6887. (7+ yrs.)

**ROMANCE****IN THE REDWOODS** ☀

Redwood      Bethany Facendini  
10am-2pm, Sat, Feb 10 #13656  
Let love take you down a new path this Valentine's Day! Come discover the reproductive rituals of the redwood forest's steamy characters. Our hearts will pound during this five mile hike over varied terrain. We will also enjoy chocolate banana slugs and other sweet treats. Recommended for adult audiences. (18+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$6 (non-res. \$8)

**WINTRY WALK TO A POUNDING ROCK** ☀

Garin      Beverly Ortiz  
10:30am-3pm, Sun, Feb 11 #13506  
Stunning views beckon on this four-and-a-half mile hike through grassland, oak woodland and riparian habitats. We'll lunch on the ridgeline where local Ohlone processed food in mortar rocks. Along the way we'll discuss the area's ecology and edible and useful plants. Bring a potluck lunch item. (10+ yrs.)  
Reg. Required: (510) 636-1684

**MARSH CREEK RUNS THROUGH IT** ☀

Creekside Park, Brentwood      Mike Moran  
1-3pm, Sun, Feb 11 #13745

Come stroll under centuries old oaks and sycamores on this easy, paved trail. The county's second largest creek winds through town, farm and wildland, conjures fascinating history, and stands poised upon an exciting future.  
Reg. Required: (510) 636-1684

**A ROSE BY ANY OTHER NAME...**

Brushy Peak      Cat Taylor  
8-11:30am, Sat, Feb 17

Brushy Knob, brushy knoll? Whatever the name, this landmark has been a popular destination for centuries. Delve into its past as we hike into the hills. Some bushwhacking and hills. Bring snack and binoculars. Meet at the Laughlin Ranch Staging Area at the end of Laughlin Road in Livermore. For information and directions, call (925) 862-2601. (7+ yrs.)

**BASKETRY BASICS** ☀ \*

Alameda Creek Trail      Gail Broesder  
10am-4pm, Sat, Feb 17 #13691  
Experience the variety of California Indian Basketry Styles, then get hands-on. We'll gather whole-shoot willow and make a small storage basket—with the option of using NO TOOLS, but our hands. (15+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$40 (non-res. \$44)

**NIFTY NEWTS** ☀ \*

Garin      Kristina Parkison  
1-3pm, Sat, Feb 17 #13507  
What's poisonous and slimy, but cute as can be? What's often confused for a reptile when it's not? It's the California newt and it's headed toward a pond near you! Join us for a chance to find this animal jewel!  
Reg. Required: (510) 636-1684

**NUTS ABOUT NEWTS** ☀ &

Sibley      Naturalist Nancy  
9:30-4:30pm, Sun, Feb 18 #13692  
Newts breed in the ephemeral pool that occupies a part of Sibley's largest labyrinth during winter. View breeding activity and eggs. Fascinating biological facts will be shared.  
Reg. Required: (510) 636-1684

**TRAIPSING THROUGH THE TRAPS**

Las Trampas      Cat Taylor  
8am-1pm, Sat, Feb 24  
We'll spend a wonderful winter's morn hiking up the scenic ridges of "the traps." Bring lunch and binoculars and be prepared for hills on this 4-mile excursion. For information, call (925) 862-2601. (7+ yrs.)

**MUNCHKIN MEANDER** ☀ &

Redwood      Naturalist Nancy  
3-5pm, Sun, Feb 25  
Wrap your arms around a redwood tree, peer into a pocket gopher burrow, and search for banana slugs. Songs, a story and crayon rubbings will round out our forest adventure. Meet at the Canyon Meadow staging area off Redwood Road in Oakland. For information, call (510) 521-6887. (2-7+ yrs.)

**VOLUNTEER****PARK/TRAIL GUIDES**

Various parks      Rick Spittler  
Various dates and times  
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. On-going training provided by Bay Area Outreach Recreation Program (B.O.R.P.). For upcoming dates, contact (510) 849-4663.

**PUBLIC SAFETY VOLUNTEERS**

Various parks      Various dates and times  
These on-going volunteer programs assist District staff in the delivery of essential services, which include; educating trail users about trail safety, assisting the helicopter unit with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. For upcoming dates and more information, contact the following: Flight Medics—Sgt. White: Info: (510) 785-3370  
Bicycle Patrol, Hiking Patrol, Companion Dog Patrol and Mounted Patrol—Patrick Balizan Info: (510) 544-3133.

**WHALE WATCH BY BOAT**

Half Moon Bay      Gail Broesder  
9:30am-12:30pm, Sat, Feb 24 #13693  
Gray whales, are migrating northward close enough to our coastline for viewing! Enjoy a morning at sea with our Expert Naturalist as we look for these magnificent creatures. Every trip varies, with chances of seeing harbor seals, sea lions, sea otters, and a variety of birds. We journey aboard the "New Captain Pete." Additional dates available in March. (8+ yrs.)  
Reg. Required: (510) 636-1684  
Fee: \$35 (non-res. \$39)

**FRENCH BROOM REMOVAL PROJECT**

Redwood, Skyline Gate  
9:30am-1:30pm, Jan 6, Feb 3  
Help restore beautiful Redwood Regional Park. French broom has been displacing the native plants. Volunteers are needed to remove the broom. We provide the tools. Meet at Skyline Gate staging area (8500 Skyline Blvd., Oakland) in Redwood Regional Park. For information call Jil Kiernan at (925) 756-0195.

**WILDLIFE VOLUNTEERS—CALIFORNIA BLACK RAIL HABITAT HELPERS**

Point Pinole      Doc Quack  
9:30-11:30am, Sat, Feb 17  
During this hands-on adventure you'll help create 1,000 square feet of habitat for the state threatened California black rail. We will remove non-native plants, pick-up trash, and clear debris from clogged channels to improve tidal water cycling, which restores and creates nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Parent participation is required.  
Reg. Required: (510) 544-2340.

## SWIM FACILITIES

**LAKE ANZA**  
Tilden Regional Park  
Berkeley, CA 94708  
(510) 843-2137

**CONTRA LOMA**  
1200 Frederickson Lane  
Antioch, CA 94509  
(925) 757-0404

**CULL CANYON**  
18627 Cull Canyon Road  
Castro Valley, CA 94552  
(510) 537-2240

**DEL VALLE**  
7000 Del Valle Road  
Livermore, CA 94550  
(925) 373-0332

**DON CASTRO**  
2240 Woodroe Ave.  
Hayward, CA 94541  
(510) 538-1148

**QUARRY LAKES**  
2250 Isherwood Way  
Fremont, CA 94535  
(510) 795-4883

**ROBERTS POOL**  
10570 Skyline Blvd.  
Oakland, CA 94619  
(510) 482-6028

**SHADOW CLIFFS**  
2500 Stanley Blvd.  
Pleasanton, CA 94566  
(925) 846-3000

**LAKE TEMECULAS**  
6502 Broadway Terrace  
Oakland, CA 94610  
(510) 652-1155

## VISITOR CENTERS

**ARDENWOOD**  
34600 Ardenwood Blvd.  
Fremont, CA 94555-3645  
(510) 796-0663

**BLACK DIAMOND**  
**MINES**  
5175 Somersville Road  
Antioch, CA 94509  
(925) 757-2620

**BOTANIC GARDEN**  
Tilden Regional Park  
Berkeley, CA 94708  
(510) 841-8732

**COYOTE HILLS**  
8000 Patterson Ranch Rd.  
Fremont, CA 94555-3502  
(510) 795-9385

**CRAB COVE**  
**VISITOR CENTER**  
1252 McKay Avenue  
Alameda, CA 94501-7805  
(510) 521-6887

**DEL VALLE**  
7000 Del Valle Road  
Livermore, CA 94550  
(925) 862-2601

**GARIN**  
1320 Garin Avenue  
Hayward, CA 94544-6822  
(510) 795-9385

**SUNOL-OHLONE**  
P.O. Box 82 (on Geary  
Road)  
Sunol, CA 94586  
(925) 862-2601

**TILDEN NATURE**  
**AREA**  
Environmental Education  
Center (EEC) at Tilden  
Regional Park  
Berkeley, CA 94708  
(510) 525-2233

## REGISTRATION INFORMATION

**NO REGISTRATION REQUIRED**—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

**IN-PARK REGISTRATION**—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

**CENTRAL REGISTRATION**—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.



**ON-LINE:** WebReg online registration for Centrally registered programs is available at [www.ebparks.org/webreg](http://www.ebparks.org/webreg).

**MAIL-IN:** Complete the registration form below and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

**WALK-IN:** Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Duns-muir House and south of the Oakland Zoo off I-580. See map below.

**BY FAX:** Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information and sign to approve the charge.

**BY PHONE:** Phone registration requires a credit card. Call between 8:30 a.m.-4:30 p.m. Mondays through Thursdays and 8:30 a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays.

Oakland .....	(510) 636-1684	Hayward .....	(510) 538-6470
Contra Costa Co....	(925) 676-0192	Outside East Bay ..	(510) 636-1684
Livermore.....	(925) 373-0144	TDD.....	(510) 633-0460

### To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



### Jan.-Feb. 2007 Mail-in Registration

Register On-Line: [www.ebparks.org/webreg](http://www.ebparks.org/webreg)



East Bay Regional Park District  
Attention: Reservations  
2950 Peralta Oaks Court, P.O. Box 5381  
Oakland, CA 94605-0381  
FAX (510) 635-5502

Mail or FAX

Name (parent or guardian if under 18)

Address

City \_\_\_\_\_ Zip \_\_\_\_\_

( ) Day phone ( ) Night phone

email address

Make checks payable to: EBRPD

or use

MasterCard  VISA

\_\_\_\_\_ - \_\_\_\_\_

Amount \$ \_\_\_\_\_

Expiration date \_\_\_\_\_

Authorized signature \_\_\_\_\_

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			

Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)  \$1  
Subscribe to this publication (Regional in Nature) (Optional)  \$5

Submit additional registrations on an attached sheet

Total \$ \_\_\_\_\_

Signature required \_\_\_\_\_

Parent or guardian if under 18

Please check here if you are disabled and in need of special accommodations

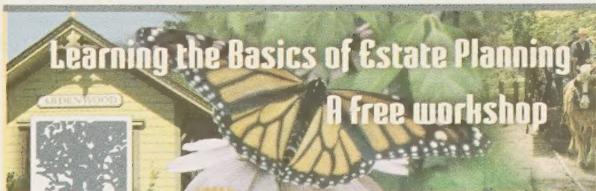
How did you hear about our programs?  TV  Newspaper  Visitor Center  Radio  Other

Date \_\_\_\_\_

Parent or guardian if under 18

Please check here if you are disabled and in need of special accommodations

How did you hear about our programs?  TV  Newspaper  Visitor Center  Radio  Other



## Learning the Basics of Estate Planning

### A free workshop

NATURALIST-LED TOUR TO SEE THE MAGNIFICENT MONARCHS INCLUDED

The Regional Parks Foundation invites you to a free estate planning workshop and a light breakfast buffet

**Saturday, February 10  
10 a.m. to 12 p.m.**

The Granary at Ardenwood Historic Farm, East Bay Regional Park District Fremont, CA

**Topics include:**

- Wills
- Revocable Trusts
- Powers of Attorney
- Health Care Directives
- Irrevocable Trusts
- Life Insurance, Retirement Plans
- Charitable Trusts
- Estate Trusts

FREE parking and park admission.

#### Bring the Kids!

Children ages 6-11 can participate in their own "workshop" of fun-filled activities at Ardenwood while parents and grandparents enjoy the seminar.

**To register:**

Please respond to Wanda Bolden-Ross with your name, home address, phone number, and email address. Email: [wbross@ebparks.org](mailto:wbross@ebparks.org) or call 510-544-2202

## Embrace Life in the East Bay

Regional Park District



We'd like to thank photographer and avid park user Mike Kellogg for sharing his photos with us. Mike, a technical writer at Intel Corporation, has been interested in photography since age nine when he won a camera in a ring toss at the Western Montana County Fair. Mike is a longtime fan of Mission Peak in Fremont, where he often hikes after work. He uses both Canon wide and zoom lenses, and sometimes takes aerial photos from his paraglider.

The East Bay Regional Park District Public Affairs Department welcomes your digital photos, and while we don't pay for photo use and/or royalties, we always give photo credit when we can. For more information about submitting your East Bay Regional Park District photos, contact Lane Powell at 510-220-4710 or [lpowell@ebparks.org](mailto:lpowell@ebparks.org).

Photo: Michael Kellogg

## Introduction to Fly-Fishing



**Sundays  
10 am to 4 pm**  
January 7, February 11, and March 11  
East Bay Regional Park District's Lake Anza, Tilden Regional Park, Berkeley

Register Today! Call 510-636-1684 or [www.ebparks.org/webreg](http://www.ebparks.org/webreg)  
Resident: \$60; Non-resident of Alameda and Contra Costa Counties: \$66

Learn techniques from an expert angler and practice casting at Lake Anza.

East Bay  
Regional Park District

2950 Peralta Oaks Court  
Oakland, CA 94605-0381

## WHAT ARE YOU DOING THIS WINTER?



Visit us for family fun!

- Explore our interactive and Hands-on Exhibits & Activities
- Take a Guided Hike through our Redwoods
- See a Show in our Planetarium or Giant Screen MegaDome Theater
- And More!

Bring in this ad & get 1 free child admission with paid adult admission.  
Offer expires 03.31.07

tickets | pricing | details  
[www.chabotspace.org](http://www.chabotspace.org)  
or 510.336.7373

chabot  
space & science center  
10000 Skyline Blvd • Oakland 94619

EERP0107